

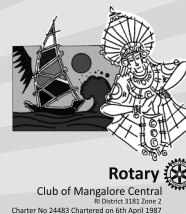


CREATE HOPE  
in the WORLD

*The Official Bulletin of the*

**ROTARY CLUB OF MANGALORE CENTRAL**

**CENTOR**



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23<sup>rd</sup> December 2023 to 29<sup>th</sup> December 2023

**HEALTH IS A STATE OF PHYSICAL, MENTAL AND SOCIAL WELL BEING AND NOT JUST ABSENCE OF DISEASE (WHO DEFINITION OF HEALTH) - PROF DR. MOHAMMED ISMAIL, CHAIRMAN KANACHUR HEALTH SCIENCES ADVISORY COUNCIL**

Addressing the members of our club in the weekly club meeting held at Hotel Moti Mahal on Friday, the 22<sup>nd</sup> of January 2023 at 8.00 p.m., on "How to stay Healthy", Prof Dr. Mohammed Ismail, Chairman of Kanachur Health Sciences Advisory Council mentioned that health is a state of physical, mental and social well being, not merely absence of disease. His talk was a part of observation of Disease Prevention and Treatment month by our Club. He also released the Weekly Centor. He was introduced to the audience by PDG MPHF Rtn Dr. B. Devadas Rai (who also gave an update of RISE 2023) Rtn PP PHF Dr. Manjunath Revankar presented him a memento. Rtn PHF Ganesh G T rendered the invocation. Club President Rtn Rajesh Shetty welcomed and conducted the proceedings. Club Secretary Rtn PP PHF Ravi Jalan made the announcements. Lively interaction followed the excellent speech Rtn Dr. Gurudath Kamath thanked. The formal meeting was followed by National Anthem.

**ZONAL REVIEW MEETING**

The Zonal Review Meeting of RID 3181 Zones 2,3 was held at Rotary Bala Bhavan on Saturday, the 24<sup>th</sup> of January 2023 at 7.30 p.m. The meeting was organized by Assistant Governor Zone 2, RID 3181 2023-24 Rtn MD Subodh K Das, Assistant Governor Zone 2, RID 3181 Rtn MPHF Vinod Kudva, Assistant Governor Zone 3, RID 3181 2023-24 Rtn MD Shivani Baliga and Assistant Governor Zone 3, RID 3181 2023-24 Rtn MPHF P.D. Shetty. Zonal activities for December and January were discussed in the meeting. The meeting was hosted by RC Mangalore East. Our club was represented by Club President Rtn Rajesh Shetty, Club Secretary Rtn PP PHF Ravi Jalan and Zonal Lieutenant Zone 2, RID 3181 2023-24 Rtn IPP Sai Baba Rao (who delivered a motivational talk in the meeting)

**PRAJNA PARVA 2024 BECKONS YOU**

Prajna Parva 2024, RID 3181 District Conference 23-24 will be held at Silent Shores Resort Mysuru from the 19<sup>th</sup> - 21<sup>st</sup> January 2024. The event will be hosted by the Clubs of Zones 7,8 with Rotary Club of Mysore Brindavan being the lead Club. Rotarians and Family members desirous of participating in the event should contact Club President Rtn Rajesh Shetty (9845268766) or Club Secretary Rtn PP PHF Ravi Jalan (9741516310) or Club on to the conference Committee Chairman Rtn Bhaskar Rai (9741158710) for more detail.

**WE THANK YOU!**

The participants from the Club have sponsored the expenses of the Practice Sessions of the Club for participation in "Banni Haadana Seri Kuniyona" RID 3181 Zonal Cultural Competition of Zones 2, 23-24 held at BEM School on 16.12.2023 and 17.12.2023. The Practice Sessions were held at Shree Rama Sadan Bejai. The total Cost incurred for the practice was Rs. 70,000. We thank all the donors for their generosity!

**WE THANK YOU!**

Club Treasurer and Club Editor Rtn PDG MPHF Dr. B. Devdas Rai was responsible for the publication of the club year book 2023-24 which was released on the occasion of the official visit of RID 3181 Governor 23-24 Rtn MD HR Keshav to our club on 17.11.2023. We thank him for his efforts in bringing out the Book.

## **MEMBERS/ANNS/ANNETS/JOHNS/LORDS IN THE NEWS**

- PDG MPHF Rtn Dr. B. Devadas Rai was the Quiz Master of the extremely successful State Level PG General Medicine Inter Collegiate Quiz Contest held at Kanachur Institute of Medical Sciences (KIMS PG Medi Quiz 2023-24) on 23-12-2023 from 10.00 a.m. - 11.00 a.m. Many congratulations Rtn Dr Devdas Rai!
- Rtn PHF PP K.M. Hegde inaugurated a Zonal Level LIC Development Officers convention held at Jaipur recently. Many Congratulations Rtn K.M. Hegde!
- Rtn PP PHF Rajgopal Rai was the Guest of Honor of the inaugural function of the Buntara Kreedothsava organized by Gurupura Buntara Sangha at Gurupura on 24.12.2023 at 10 am. Many Congratulations Rtn Rai!
- Rtn PHF SS Nayak was the anchor of Business Tonic programme broadcasted by Namma Kudla 24 x 7 News Channel on Sunday, the 17<sup>th</sup> of December 2023 at 10.00 a.m. Many Congratulations Rtn SS Nayak!
- Ann PHF Prameela Hegde (W/o Rtn PP PHF K.M. Hegde) was the Guest of Honor of the Inauguration of a Zonal Level LIC Development Officers Seminar held at Jaipur recently. Many Congratulations Ann Prameela!
- Annet Sneha (D/o Rtn PP MPHF Premnath Kudva and Ann PHF Suchitra Kudva) was united in holy wedlock with Mr. Arun Bailur in a function held at Sangha Nikethan Mangaluru on 22.12.2023 at 10.00 a.m. Many Congratulations Annet Sneha and all the best!

### **BIRTHDAYS**

23<sup>rd</sup> December 2023: John Royson Neel (S/o Rtn Rolford Pinto)

27<sup>th</sup> December 2023: Rtn Brian Pinto

30<sup>th</sup> December 2023: Rtn PHF Nithin J Shetty

### **WEDDING ANNIVERSARY**

23<sup>rd</sup> December 2023: Ann Chithra & Rtn Dr. Gurudath Kamath

*With Best Compliments From:*

**Rtn MAHESH PANDYA**

Member, Rotary Club of Mangalore Central

### **THIS MEETING**

**29-12-2023 - FRIDAY - 8.00 P.M. - HOTEL MOTI MAHAL - CLASSIFICATION TALK BY**

**RTN ROOPA SHETTY - PLEASE ATTEND**

### **BOARD MEETING**

**04-01-2024 - THURSDAY - 8.00 PM - HOTEL WOODLANDS - THE MEETING OF THE BOARD OF DIRECTORS OF THE CLUB FOR THE MONTH OF JANUARY WOULD BE HELD AT HOTEL WOODLANDS ON THURSDAY, THE 04<sup>th</sup> OF JANUARY 2024 AT 8.00 PM. ALL BOARD MEMBERS ARE REQUESTED TO ATTEND THE MEETING WITHOUT FAIL**

### **NEXT MEETING**

**05-01-2024 - FRIDAY - 8.00 P.M. - HOTEL MOTI MAHAL - BUSINESS MEETING - PLEASE ATTEND**

Published by: **Rtn. RAJESH SHETTY**

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